

## CLAIMS

1. An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability comprising, in % by mass, 0.3-1.0% of Mg, 0.3-1.2% of Si, 0.10-1.0% of Fe and 0.05-0.5% of Mn; where  $Fe + Mn \geq 0.2\%$ ; the remainder consisting of Al and unavoidable impurities; wherein an average value of recrystallized grain size is  $25\ \mu m$  or less; and there are at least 5000 particles/ $mm^2$  of intermetallic compounds with a circle-equivalent diameter of 1-6  $\mu m$ .
2. An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 1, further comprising 0.5-1.0% of Cu.
3. An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with claim 1 or 2, further comprising 0.1-0.4% of Zr.
4. An aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with any one of claims 1-3, further comprising 0.05% or less of Ti, or 0.05% or less of Ti and 0.01% or less of B.
5. A method of manufacturing an aluminum alloy plate with excellent press-formability and continuous resistance spot weldability in accordance with any one of claims 1-4, comprising steps of pouring a melt consisting of the above-claimed composition into an opposing rotating belt caster that is forcibly cooled; casting the melt at a cooling rate of 40-90 °C/sec to form a 5-10 mm thick slab; drawing said slab from the side opposite the side where the melt was poured; rolling directly or after winding into a coil; and

subjecting to a solution heat treatment.